PAPERS THE PEOPLE.

ADVANTAGE OF LARGE FAMILIES.

from large families: I think it must have been the association of large families of children with each other, the doing for each other, the self denial each one for the others and for their parents, that made the men of strong WHY PEOPLE FLOCK TO THE CITIES. character and the women of a noble domestic life. This sort of home training, where there are brothers and sis-

By Bishop Henry C. Potter, of New York.

ters mingling together under the same roof, instills into boys and girls, young men and young women, the noblest instincts, the most worthy ambitions. Children and young persons must have an inborn and inbred veneration and affection as well as a responsible feeling for those nearest and nearest to them to make the best men and women.

Modern methods of living as exemplified in the large apartment buildings of our cities and towns have undoubtedly had a great deal to do with the passing out of city grows changes the environment of children most existence to a large extent of what we may call the "old unfortunately. They are apt to suffer for air in their

GAMBLING AND DIVORCE THE CURSES OF SOCIETY.

By President Angell, of Michigan University, Certain customs which are rapidly gaining

round among women in what are called the higher social circles demand a vigorous effort on the part of intelligent and high minded women to secure the elimination of the element of gambling from amusements and games innocent in themselves. Furthermore, we have a right to expect from educated women pronounced condemnation rather than indulgent views of the rapidly growing practice, for which both sexes are guiltily responsible, of procuring under loose laws, laxly administered, di vorces on trivial grounds or by collusion and of contracting subsequent marriages with unscendy haste. In some quarters and in what calls itself our best society the renunciation of the solemn marriage vow on slight pretexts and the playing of games for stakes by women in private parlors are treated with a levity and publicly discussed with an indifference which recalls the declining days of the Roman empire. The purity of domestic life, the sanctity of the home the very foundation of society, are imperiled by

PREACHERS SHOULD NOT BE PARROIS.

these abuses.

By Rev. Madison C. Peters, of Philadelphia.

Preachers should be prophets, not parrotsperalds proclaiming the coming day. In many prominent pulpits in America to-day the preachers simply dare not be uncompromising in their denunciation of sin and wickedness. Such town? preaching would drive out the men whose ill gotten wealth makes them essential to the church effectual support of virtue's cause,

present condition only gives proof that he has ceased to who in the good old way will have no interests apart from be a living factor in the world's progress. I am not now him and who will help him to make these interests broader speaking of Christianity, which is the life and inspiration and farther reaching.

of our civilization, but I do say that the church is not leading the way in the new civilization. What influence the church has she uses to conserve the heritage of the I fear it is true that the American past. But who dares say that the church is molding the romen of to-day are opposed to famifuture? With a narrow conception of her mission the lies, particularly large ones, of the old church has sat on a high platform of empty dignity with fashioned kind, and it is to be regretted, folded hands while the Y. M. C. A., the W. C. T. U. and In Webster's time the best men and bundreds of similar organizations are doing the work which women of the young republic came the church should have done. Reforms of the most impertant character not only receive little support from the church, but have frequently to encounter its bitterest

By Hon. Seth Low, of New York. These are days in which everybody tends toward the city. It is easy enough to understand this tendency, for in the citles are a greater volume and variety of employment and an equally greater volume and variety of entertainment. The trend of life in cities, however, has produced some results the effects of which are only bezinning to be realized. It has come to be realized in all the larger cities of the country that the crowding together of many people in the city as the homes, and they are likely to be deprived of opportunities for play. It has come to be believed with us, therefore, that the city has no higher duty to its own people or to the nation than to afford natural opportunities for its children for play as well as for work and for study.

There is one thing to be said of every city-that just because it draws into itself the best that is in the country round about it and often from far afield it is under special obligation to give back in some form of service that which it has so abundantly received. I wish that our cities may take into themselves the elements of power that come from the country, as the coal receives the rays of the sun and gives the power back again in warmth and light; that it may be the object of every city not simply to become great in size, but greatly to serve the world.

MEN SHOULD AVOID THE "NEW WOMAN,"

By Professor Peck of Columbia University. Against the twentieth century 'new weman' every man should set his face like flint. She is striving for economic independence, and her advanced theories have already borne some fruit in the marked distaste for marrying that is growing among men. The cause for this distaste does not lie in man's heartlessness nor yet in his profligacy, but in the fanaticism and unwisdom of the modern woman. To every man who is deserving of the name a true home is of all things most desirable and beautiful. But if he sees about him only women who believe that they have "missions" in the world far greater than the noble ones of a wifehood and motherhood, or women who crave continual excitement, then what is left for men but a life about

The average man's judgment about the average woman is generally a correct judgment. The average man of this because they can make large contributions, and twentieth century does not want the woman of to-day or many a preacher is compelled to credit his hear- to-morrow changed from the woman of yesterday. As a ers with virtues they do not possess, and for the sake of true woman is to-day and as she has been in the past so his bread and butter is compelled to pander to prejudices man would have her in the future. He does not wish for in public which in private he despises. The mightiest force the evolution of a new type of motherhood that substitutes in the world is the aroused conscience of a great people. the formulated resolutions of a mothers' congress for the and the chief quickener and educator of the conscience in old time instincts of self devotion, tenderness and never The press is taking the failing love. He does not yearn for a new type of wife place of the pulpit and is becoming the most important and hood, for he does not wish the sort of wife who would be a species of domestic comet, a dissolving view, or even The man who is enthusiastic about the church in its a person he could borrow money of. He rather wishes one

CONGRESS APPROPRIATES \$250,000 TO WAR AGAINST COTTON-DESTROYING PEST heatin' plant fo' de heat and a drug



The Mexican boll weevill, marching eastward across the cotton belt, is recognized as the greatest menace the South has ever known. The desolution left by the Civil War was hardly more costly than the ravages of the tiny bug will be within the next decade unless something can be found to check

Having spread over the cottton fields of Texas it now stands at the border line of Louisiana, and so great is the alarm engendered by its approach in that State that Governor W. W. Heard, issuing a call for a special session of the Legislature, has led in a movement which has resulted in the appointment of a commission of five members charged with the waging of a systematic war on the pest. The Legislature appropriated \$25,000 as a fund to be used by the commission and provided for a quarantine against all Texas products and goods which might bring the insect into the fields of Louisiana.

Congress has passed a bill carrying an appropriation of \$250,000 to be expended by the Department of Agriculture in fighting the weevil, discovering measures to lessen its harmfulness and endeavoring to find its special enemy in the insect world, that it may be used against it.

MULTIMILLIONAIRE SITS

BEHIND A TICKET WINDOW At San Francisco, in the office of the Oceanic Steamship Company, one of the big enterprises owned by the Spreckels family, a young man of aver-



want to go to Australia and the A casual observer might set him down as a \$15-ak clerk, but he would be in error.

youth on the Pacific slope. At the same

wealth. He says: age appearance sells tickets to tourists ning 'from the ground up.'

This is the place where the com- County, Okia. plaints are made. Now, there is nothing better than the work required to Indian student came into the notice cool down a kicker-that is, to dig into of Mother Katherine Drexel, a member his kick and find out what's wrong- of the celebrated Philadelphia family for a young man trying to learn the of that name, and through her assistbusiness. In doing this I discover ance and that of her sister, Mrs. Mormany little details that would other- rell, ue was enabled to complete his wise have escaped me for a long time."

Theology Was a Puzzier. der Johnson, the hen or de egg?" "De hen, ob kose-de egg comes

"Yais, but de hen comes from de egg. too.' "Now, see yar, Brudder Jefferson ef de Lord had made de egg fust, he'd The American population is estimates had to make a incubator to hatch it, at about 6,000. young man is John D. Spreckels, a sawmill to get de wood fo' de ineir to more millions then any cubator, a tin mine fo' de tin, a win dime museum manager exhibits.

der glass factory fo' de glass, a cotton mill fo' de cotton battin,' a steamstore fo' a thermometer to tell de temperature, besides getting de permission o' some walkin' delegate to operate dem industries, an' takin' chances on de' egg hatchin' at dat. No, no, Brudder Jefferson, de Lord dun simply make de hen first, and Ah reckon he didn't make a colored man fo' a year or two after."-Puck.

THE FIRST INDIAN PRIEST.

Full-blooded Pottawatomie Recently Ordained at Rome. Until Rev. Father Albert Negahnquet completed his four years' course

in the propaganda at Rome, during the present year, there

had never been a full-blooded Indian admitted to the priesthood of the Roman Catholic Church. Since the first days following America's discovery, this church has ever been zealous in converting

REV. NEGAHNQUET the Indians, and through education placing them in a position to advance in civilization. There have been, too, many zealous converts, but none has ever before reached the priesthood.

Father Negatinquet was born in 1874 on the Pottawatomie Indians' former reservation, near St. Mary's, Kan. Through the untiring efforts of Jesuit missionaries the Pottawatomie tribe, nearly a century before, had been converted to the Catholic faith. The oldest of ten children, Negahnquet was taken, at a tender age, to the Church time his wife, daughter of Willard of the Assumption, at Topeka, Kan. Huntington and grandniece of Collis for baptism. Soon afterward his par-P. Huntington, has more or less ents removed, with other members of the tribe, to the Pottawatomies' new "Why do I work? Well, for one reservation, in then the central part of thing, I need the money. But this is the Indian Territory. He attended the not the principal reason. My father is government school for Indians, and at the head of the steamship concern, his unusual intelligence as a pupil atand I realize that some day I may have tracted the attention of the teachers. to take some part in the management. They encouraged him to go farther of it. I have got to know the busi- with his studies, and he therefore en ness, and I don't know any other bet- tered the School of the Sacred Heart, ter way of learning it than by begin- maintained for the Indians by the Catholics, in Southern Pottawatomie

While attending Sacred Heart this studies at that institution. He next went to Carlisle, Pa., and from it to the Catholic University at Washington, "Which did de Lord make first, Brud- from which in due time he passed to the propaganda at Rome.

Population of Manila. Manila has a total population something like 300,000, about 10,000 being American and European born.

Time works fewer wonders than the

HOMESICK. It stands afar midst happy, sunlit fields

A little farm house, brown and old, With ancient, ivy-covered, buttressed walls, And straw-thatched roof of gold; And I a wanderer from the dusty town, Grown weary of its heavy ways,

And long for the old days.

Wistful, from off the hot white road, look

For there the nights were blessed with quiet sleep, The days were filled with happy cares, And there the skies seemed ever blue,

and there Was time for peace and prayers; While youth and laughter, joy and hope,

and love Sang in my heart a happy song. h me! a song that's hushed for ever-

The crowded streets among.

And now I stand and gaze, with heavy

heart. Across dear fields in longing sore, o where another woman, happier far. Looks from the low, half-door. Oh. little farm house, old, and brown,

and sweet. I wake when all the world's at rest And think of you, and long for the old

peace And the untroubled breast! Pall Mall Gazette.

Roses and Potatoes.

WERE are the roses," said Polly. depositing a huge load of American Beauties on the table and laying her muff and stole on a pile of grocery boxes. "The carnations and smilax and evergreens are coming down in the carriage with the Japanese lanterns and the funny little tissue paper caps.

We were getting ready for the charity dinner at the mission chapel, and, of course, Polly was doing the trimmings. Polly always does the trimmings.

"But where," said I, gazing on the great masses of green and pink, "will they find room for-the potatoes, for

"Potatoes!" said Polly, scornfully, as he took a mass of blue forget-me-nots which she calls a "hat," off her pompa dour, and laid it on another grocery box. "Those, Mr. Heavyfeather, wil

be considered-afterward, of course." "Like matrimony, after courtship, I suppose," I sighed, picking up a longstemmed rose and holding it gingerly

by the tip end. "Yes," said Polly, "or housekeeping after the honeymoon."

"Or the bill after the dinner." "There won't be any bill after this dinner," said Polly, "because the deacon donated the potatoes and-things. and a kind lady donated the roses and lent us her teacups."

"How thoughtful of her." I remarked. "I am sure those starving little cold and unfathomable, is like discov- malign the lady who sent the roses and slum youngsters are just yearning for ering a birthday gift under your plate the teacups?" -roses served in china teacups. Who in the morning. The surprise is very was the lady, Polly? A Delsarte pupil with fluffy hair and a pink tea man-

"On the contrary," said Polly, pulling the thorns off a long green stem with the dexterity of an expert, "she for the surprise? Nine times out of ten was a nice, commonsense little thing the poor little potato's virtues remain with a turned-up nose, and a violent interest in her meals. I distinctly saw her take three helpings of chicken sal-

ad at the ladies' aid meeting." "The kind," I suggested, "who would spend ten minutes before breakfast off to admire the effect, "like a rose, curling her hair and two minutes making sloppy coffee."

"Yes," said Polly, "and who would spend the whole afternoon planning an evening bonnet for herself instead of planning an evening lecture for her husband; and the whole evening saying pretty things and flirting with you instead of going over the grocery books, and her whole life making things interesting and pleasant instead of cutting down the expenses."

"And her declining years," I added. in the divorce court instead of-

"Darning sock!" broke in Polly "Not half so many divorces," she went on, "are caused by cold coffee as by cold dispositions. Whoever heard of a man seeking a separation because his wife let the biscuits burn while she kissed him in the morning? Nobody! But there are dozens of good cooks sighing for the husbands they forgot to kiss while they were busy making batter cakes. It is never the woman who makes good biscuits who lures a man away from his fireside and his bachelor comforts, but the one who wears a rose in her hair. Potatoes!" and Polly jammed a rose down into the epergne with a scornful shove. You keep potatoes in your kitchen, don't you-on the shelf? Potatoes are cheap. You can get them and hire Mary Anne to cook them for \$4 a week. But you don't want them hanging around your drawing room, nor your dressing room, nor your den. Now, roses are acceptable anywhere; you like them at the breakfast table in the morning, at your desk at noon, and in your button-

"I didn't know," said I. "that the modern woman liked to be carried around in a man's buttonhole-like an

"She doesn't," said Polly, "care to be done brown and digested or left on a plate-to be forgotten the moment she ceases to be useful."

"And," I went on, ignoring Polly's outburst, "if she does want to be ornamental as well as useful-even a potato has a blossom, you know." "A sprout!" interrupted Polly.

"Which," I continued, 'a king once thought lovely enough to wear in his buttonhale." Polly picked up a full-blown rose with a jerk that sent a hundred leaves

fluttering about us like a pink snow-"Roses," said I, looking at the empty stalks insignificantly, "are so apt to

fade and wither." "And potatoes," replied Polly, "get hard and old and knotty and develop 'eyes.' " "That's so," said I, "and it isn't well

for a woman to have too many eyes." "Besides," said Polly, gathering up "And dangerous," I added. the fallen leaves and putting them and the stalks in a little pile, "a rose has a

"So has a potato," I remarked. asked sweetly. But you have to dig through so much exterior to find it," declared Pol-

EMPEROR OF JAPAN.



Emperor Mutsuhito, of Japan, bears the ancient title of mikado, meaning "the honorable gate," but in all diplomatic documents he is addressed as Kotel. He was born at Kyoto, Nov. 3, 1852, and ascended the throne on the 13th of February, 1867, upon the death of his father, Komel Tenno. The mikado was married Feb. 9, 1869, to Princess Haruko, and five children, a son and four daughters, have blessed the union. In 1871 the feudal system was abolished in Japan, but the system of government remained an absointe monarchy until 1889, upon the 11th of February of which year a constitution was promulgated. The emperor now combines in himself the right of sovereignty, and exercises executive powers, with the advice and assistance of cabinet ministers and a privy council, whom he appoints. During the emperor's wise and beneficent reign Japan has forged to the front as one of the important nations of the world to-day.

ly. "And the average man is too lazy to dig. He wants the good things in coat lapel and stood off to admire it. life's repast set out on his plate, not hidden under it."

"And yet," said I, "discovering the box. heart in a woman who doesn't wear hers on the surface, and who seems finger at me, "will you ever again sweet."

"Perhaps," said Polly, meditatively, you sloppy coffee holding a rose against her cheek, so that you couldn't tell which was which, but how many men are going to hunt hidden to the end of her days, when she is left on the matrimonial kitchen | the teacups you told me to bring down. shelf along with the onlons and the and your mother says please to step cabbages. A woman," and Polly put out to the carriages and bring in the the last rose in the epergne and stood rest of the roses and things you or is meant to be ornamental. If she can be useful, too, so much the better, but pardon." it isn't absolutely necessary. There are so many potatoes in the worldtwenty to every rose. Why, look at the woman's clubs; they are full of potatoes, nice, solid, substantial, useful ladies, who make the world good and intellectual and-stupid and uninteresting. Look at the reform organizations and the woman's rights associations, Helen Rowland, in Washington Post. and the working girls' associations, and the working girls' unions; potatoes! potatoes! nothing but potatoes. But when a man wants a wife he doesn't apply to the intelligence office. nor to the secretary of the reform club. He doesn't go about searching for a nice, hard potato in short skirts. eyeglasses and boots. He doesn't ask a woman if she can make good pie crusts and darn socks so that they won't be knotty-not nowadays, at any rate. He just goes blindfolded into a ballroom or a pink tea, or a fancy dress fair and walks out idiotically happy with a rose in his mental buttonhole Of course his theories are different,

"Ouch!" I cried suddenly. Polly turned with startled inquiry in

"It's a thorn." I said, nursing my finger, but looking at Polly with sidelong significance. "Roses seem to have thorns, don't they?"

"Of course," said Polly, "and pudding has spice. They are as necessary as the sauce on the meat, or the pepper on the potatoes. A little twinge now and then does a man good, and relieves the flatness of things. A little defecting woman makes her perfection more prominent. A little dent in her chin accentuates the , raceful curve, a little dimple in her cheek makes you observe its roses. And you never fully until you have seen her pouting."

"I think." I said as Polly began picka little paper box, "that I'd like a potato with a rose growing on it."

"Of course," said Polly, extracting a rose from the jar and pinning it in a bunch of curls over one ear, "That's what every man wants. They are all like the baby who cried because he couldn't see both sides of the moon at

"I wish," said I plaintively, "that you wouldn't put a rose in your hair while we are discussing a serious prob-

"Why?" said Polly, innocently. "Because," said I, "it somehow reminds me of the lady who sent the pink teacups—and, besides, it's distracting."

Polly leaned over a box and the rose nestled down against her cheek.

Polly pulled a potato out of the box and held it up for my inspection. "Shall I change it for this?" she

"Don't you dare!" I cried.

Polly held the potato up against my "Take it away." I pleaded.

Porly dropped the potato into its "And now," she said, shaking her

"Never!" I declared. "Or south her if she should ever mak-

"I don't understand," said I. "Or cry for meat and potatoes when she gives you kisses and roses?"

"But, Polly-" I began. "Miss Lee," said the maid, coming in with a trayful of dishes, "here are

"Polly," said I humbly, "I beg your

Polly smiled forgivingly and tucked

white rose in my buttonhole. "There is something," said I, "that von mentioned in connection with roses -something that generally goes with

And then somehow that rose in my buttonhole got horribly crushed .-

THE ARMY'S SOCIAL QUEEN.

Mrs. Adna R. Chaffee Well Fitted for

Her New Post. A new queen has lately come to relgn in the social domain made up of the households of the officers of the United

States army, stationed at Washington, and it may be said without the slightest fear of exaggeration that had especial fitness to wield this social scepter been the sole consideration a search of the en-

MRS. CHAFFEE.

tire country would have disclosed no other woman so admirably adapted to the task as Mrs. Adna R. Chaffee.

Mrs. Chaffee is the general's second wife, and back of their marriage was a pretty little romance. Mrs. Chaffee's ancestors were all New Englanders. but the later generations of the family, like many another, drifted westward, and the former Miss Annie Rockwell was born and her girlhood was spent in Illinois. Then her father removed to Kansas, and it was here that Prince Charming came upon the scene in the uniform of a United States army appreciate the sweetness of her smile officer. Miss Rockwell was a girl in school when the dashing Chaffee was first detailed to Fort Riley, but Cupid's ing up the scraps and poking them into shaft was winged in short order, and a few years later, or in 1875, the couple were married at Junction City.

Followed The Same Craft.

In the days when Sir Charles Gavar Duffy was a leading figure in Victorian politics there sat in the Melbourne parliament a wealthy but not wellinformed butcher. The chief secretary of the day was deprecating the attitude of the leader of the opposition. whose conduct was, he declared, worse than Nero's. "Who was Nero?" interjected the knight of the cleaver, with equal scorn and sincerity. "Who was Nere?" replied the delighted secretary. "The honorable gentleman ought to know. Nero was a celebrated Roman butcher."

Some people know no other fear than fear of a policeman. But a policeman is a small terror, compared with some others.

A hobo's idea of a nightmare is to dream of working.

Physical Changes in Man. Recent researches have furnished some startling facts regarding changes which man is at present undergoing physically. It is believed that man was formerly endowed with more teeth than he now possesses. Abundant evedence exists that ages and ages age buman teeth were used as weapons of defense. The practice of eating our food cooked and the disuse of teeth as weapons are said to be responsible for the degeneration that is going on. In ancient times a short-sighted soldier or hunter was almost an impossibility; to-day a whole nation is afflicted with defective vision. It is almost certain that man once possessed a third eye. by means of which he was enabled to see above his head. The human eyes formerly regarded the world from two sides of the head. They are even now, gradually shifting to a more forward position. In the dim past the ear flap was of great service in ascertaining the direction of sounds, and operate largely in the play of the features. I the muscles of the ear have fallen i disuse, for the fear of surprise by emies no longer exists. Again, sense of smell is noticeably inferior ? that of savages. That it is still decreasing is evidenced by observations

of the olfactory organ. Gratitude Well Expressed.

Sault Ste. Marie, Mich., Feb. Sth .-Mr. C. L. Smith, painter and decorator, whose home is at 309 Anne street, this ity, makes the following statement:-I was laid up with some kind of pains, Some said it was Lumbago, others Sciatica, and other again Rheumaism. A few of my friends suggested hat it was lead poison, but whatever t was it gave me a great deal of pain, n fact, almost completely crippled me. I had to use two canes to walk about and even then it was a very painful

"A friend advised me to try Dodd's Kidney Pills and I began the treatment. After I had used the first box was able to throw away one of the anes and was considerably improved. The second box straightened me up so that I could go about free from pain without any assistance and very soon after I was completely cured, well and happy, without a pain or an ache. Dodd's Kidney Phis seemed to go right to the spot in my case and they will always have my greatest praise.'

Sherlock Holmes 11. Chief Millikin (at the opera)-That litle man over there in the box is a proerror of mathematics.

Inspector Casey-Is he an acquaint-Chief Millikin-No; I never saw him before. Inspector Casey-Then how did you

know he is a professional mathemati-Chief Millikin-By the interest he

takes in the figures on the stage. Moravian Barley and Speltz. Two great cereals makes growing and fattening hogs and cattle possible in Da-

kota, Montana, Idaho, Colorado, yes, ev erywhere, and add to above Salzer's Billion Dollar Grass, Teosinte, which produces 80 tons of green folder per acre, Salzer's Earliest Cane, Salzer's 60 Day Oats and a hundred of other rare farm seeds that he offers.

JUST CUT THIS OUT AND RETURN IT

with 10c in stamps to the John A. Sal-zer Seed Co., La Crosse, Wis., and get their big catalogue and lots of farm seed samples. (C. N. U.)

Diagnosis Is Accepted. An old woolly headed darky appeared at the dispensary of one of the hospitals the other morning. "Well, uncle, what is it?" inquired

the young medico in charge. "Ah've got de mishuy pow'ful bad, bos," said the aged darky. "Where have you got the misery?"

"Ah dun got it evuhwheah." "Well," inquired the doctor, "what do you think alls you?" "Ah think," solemnly answered the old black, "dat Ah've dun got some-

thin' de mattuh wif mah vermifuge de-"What makes you think that's your trouble?" inquired the doctor, smothering the chuckle that rose in his

throat. "Well, suh, Ah had de nose bleed pow'ful bad las' night, an' Ah hain't no aptite 'tall fo' watuhmillyons dis yeah."

"Well, it's your vermituge dependix that's bothering you all right, uncle," said the young doctor, "but I'll fix you out quick enough. Take one of these before each meal."

of bread pills, and the old woolly head departed with a broad grin of happiness, no less because he had got free medicine than because his own diagnosis of his case had been so promptly accepted.-Washington Post.

He handed the old darky a little box

"Just a little," answered young Mrs. Torkins; "whenever I see a poster an-

Her Superstition.

"Are you superstitious?"

nouncing a race meeting I can't help thinking it a sign of bad luck."-Wash. ington Star. WELL POSTED.

A California Doctor with 40 Years' Experience.

"In my 40 years' experience as a teacher and practitioner along hygienic lines," says a Los Angeles physician, "I have never found a food to compare with Grape-Nuts for the benefit of the general health of all classes of people. I have recommended Grape-Nuts for a number of years to patients with the greatest success, and every year's experience makes me more enthusiastic regarding its use.

"I make it a rule to always recommend Grape-Nuts and Postum Food Coffee in place of coffee when giving my patients instructions as to diet, for I know both Grape-Nuts and Postum can be digested by any one.

"As for myself, when engaged in much mental work my diet twice a day consists of Grape-Nuts and rich cream. I find it just the thing to build up gray matter and keep the brain in good working order.

"In addition to its wonderful effects as a brain and nerve food Grape-Nuts always keeps the digestive organs in perfect, healthy tone. I carry it with me when I travel, otherwise I am almost certain to have trouble with my stomach." Name given by Postum Co., Battle Creek, Mich.

Strong indorsements like the above from physicians all over the country have stamped Grape-Nuts the most scientific food in the world.

There's a reason. Look in each pkg. for the famous little book, "The Road to Wellville."